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November is  
National  
Alzheimer's  
Awareness  
Month: encourage  
brain research

Greetings!

Welcome to the Alzheimer's Association Western and Central Washington State Chapter's electronic newsletter. This twice-monthly publication is meant to keep you up to date on issues and events in the fight against Alzheimer's disease.



## Unpredictable Journey

In a disease like Alzheimer's, there's no cure, the journey is unpredictable, and absolute solutions are non-existent. I feel sad that too often there isn't a fix for the challenges you're going through. And that so many of you must endure the physical exhaustion and emotional demands of caregiving, as well as the isolation it creates - even from your own family members. I'm angry that this disease is largely ignored by so many, including our own healthcare system...[READ MORE](#)



[Forgive yourself as a caregiver, and relieve anger>>>>](#)

## States shift LTC toward community-based settings with Medicaid spending set to jump in FY2012

In anticipation of a projected 28.7 percent increase in state Medicaid expenditures next year, many states have enacted cost-cutting measures, including moving long-term care toward community-based models, according to a [new survey](#) by the Kaiser Family Foundation...[READ MORE](#)

## Alzheimer's and Eating

Henry would sneak ice-cream bars out of the freezer whenever his wife's back was turned. He



Sometimes it's easy to feel that despite all the hype about Alzheimer's research, there is still little progress. Study results showing some promise of prevention or cure are publicized, only to be countered later by information that advanced studies contradict the first results... [READ MORE](#)

[Learn about the Alzheimer's Association TrialMatch>>>>](#)



## WINK! (What I Need to Know!)

Impact of Alzheimer's on Family Caregivers

Besides their loved one's health and physical decline, losing the ability to communicate frightens all caregivers the most, according to new survey announced by the National Family Caregivers Association...[READ MORE](#)

[Resources to Support Better Communication>>>>](#)

might have had Alzheimer's but, by gosh, he knew where the good stuff was kept.

"What can I do to stop him?" his wife asked at the support group...[READ MORE](#)



## Intriguing New Insights into Cause of Alzheimer's

As the experts in the field readily acknowledge, they really don't understand Alzheimer's disease very well. A new hypothesis, based on a recent publication in the Journal of Neuroscience, suggests that previous views and treatment approaches might be aiming at the wrong target...[READ MORE](#)

### → Save the Dates!

November and Beyond:  
[Chapter Classes, Seminars and Happenings](#)

[Community Programs](#)

November: [National Alzheimer's Disease Awareness/Family Caregiver Awareness Month](#)



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